

Microwave oven

FX 30 LF / EX 30 LF

Operating and
installation instructions

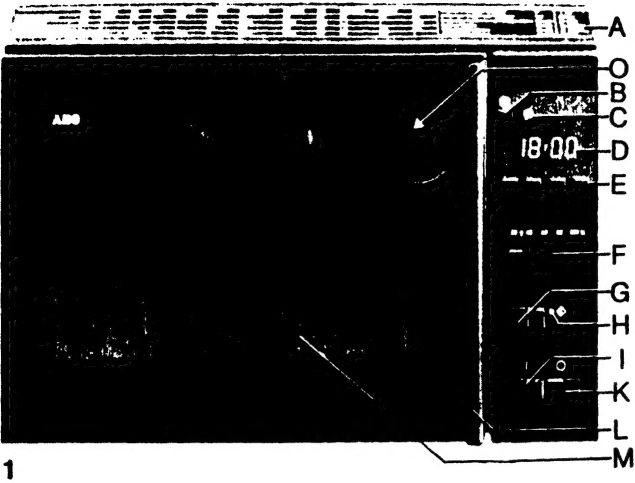
AEG

Operating instructions – Please read carefully before using the oven and keep for future reference

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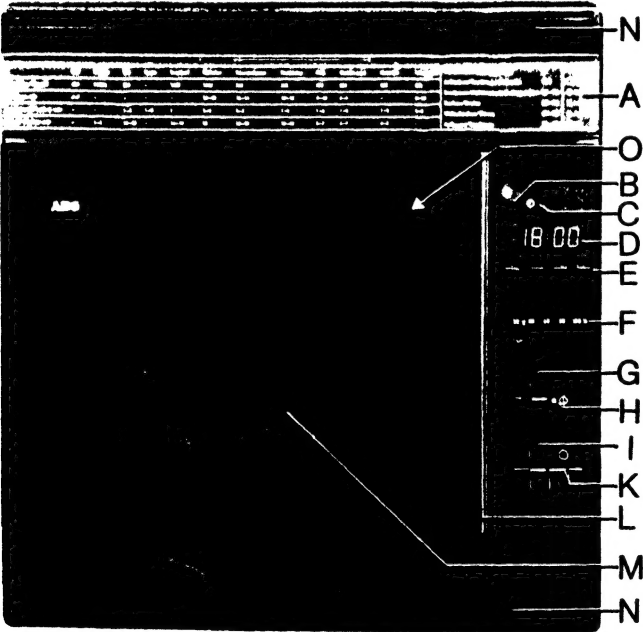
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Free-standing appliance FX 30 LF

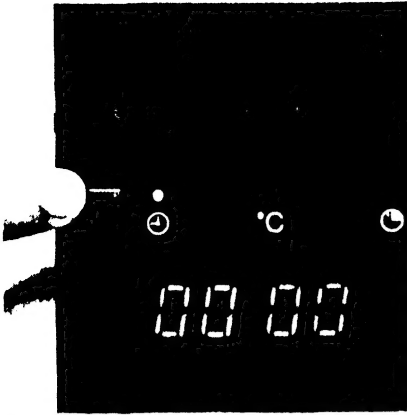


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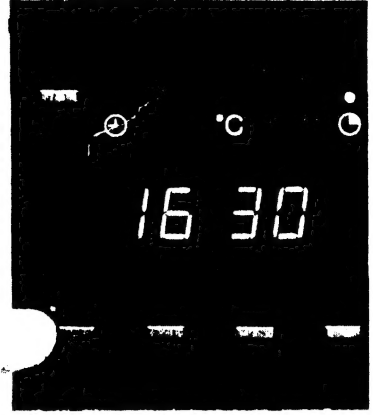
Build-in appliance EX 30 LF



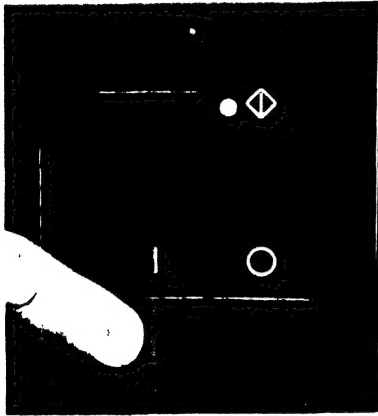
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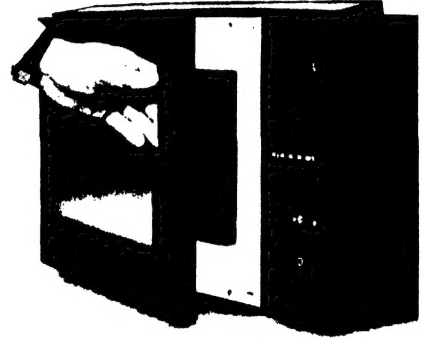
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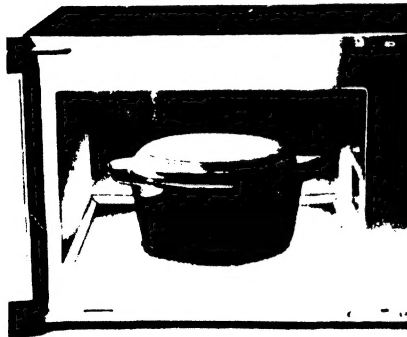
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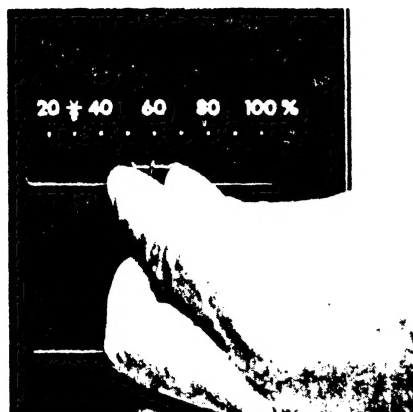
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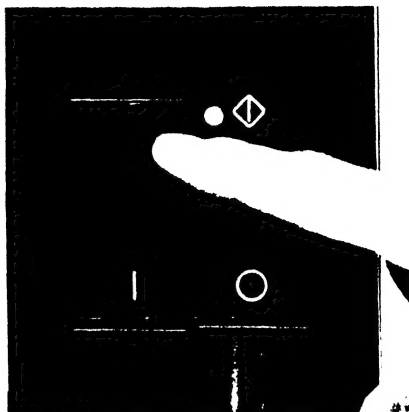
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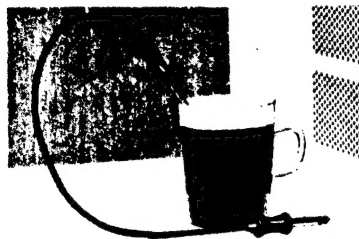
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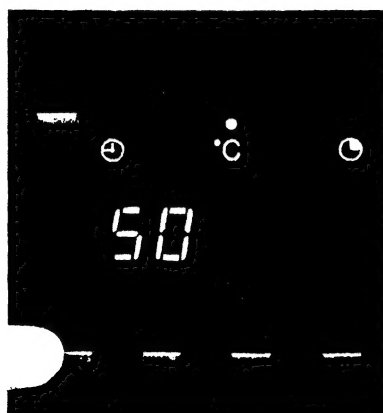
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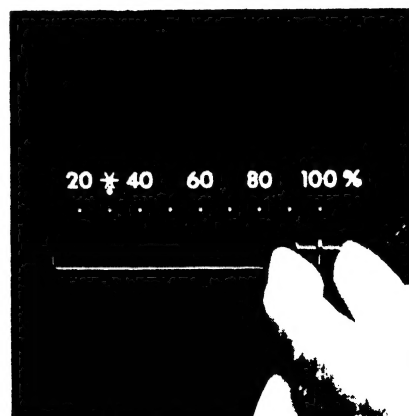
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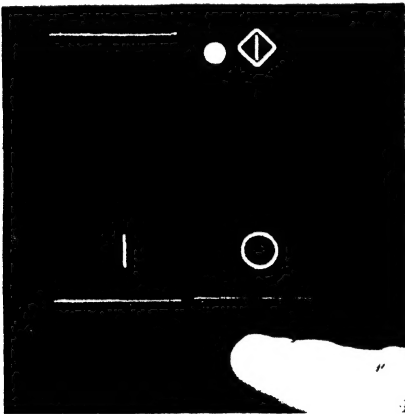
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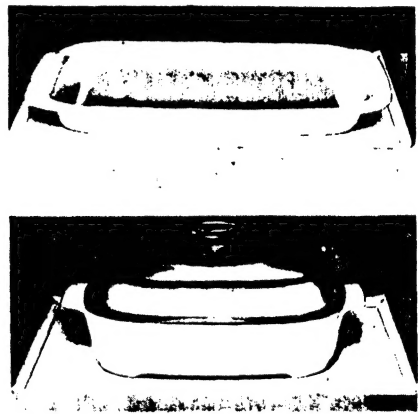
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Features

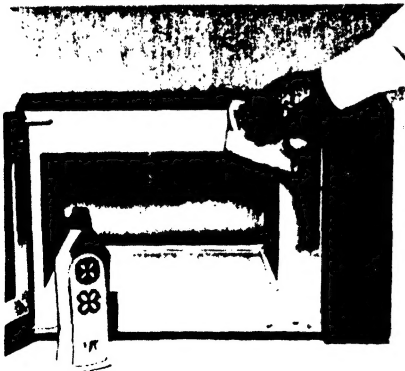
- A** Cooking guide (cover plate for interior lamp).
- B** Time-of-day button.
- C** Symbols for time of day, cooking time, temperature.
- D** Display for time of day, cooking time, temperature.
- E** Selector buttons for cooking time, temperature and time of day.
- F** Slide control to select power levels in %.
- G** Start button.
- H** Cook light.
- I** ON button
- K** OFF button
- L** Door handle.
- M** Sealed-in ceramic base.
- N** Build-in decor frame.
- O** Socket for food sensor.



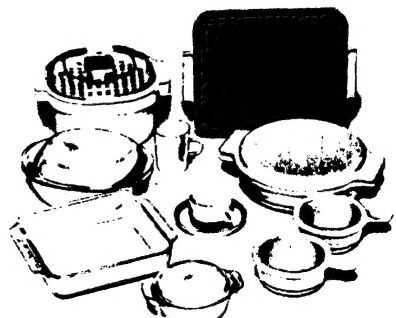
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16



17



18

Bevore you read on

Microwaves, what are they?

Microwaves are electromagnetic energy like ordinary daylight or radio waves, the only difference being the wave length.

Radio waves are broadcast through the air around us, and travel great distances; when received by a radio, the energy they carry is converted into sound. Microwaves are broadcast inside the cooker and can travel only short distances.

When they are received by the food, energy they carry is converted into heat.

The waves are alternately positive and negative, and act as magnets on the water molecules in food.

This attraction and repulsion makes the molecules vibrate, causing friction which produces heating and thus, ultimately, cooking of the food, exactly as it happens when you rub your hands.

Cooking Guidelines

The cooking guide on the appliance and the charts (pages 14–17) are general guidelines, for recipes and further details refer to the cookbook.

Golden rules for safe and successful operation

1. Do not operate the oven when it is empty. Place food in the oven first, then switch on the oven.
 2. Keep the oven clean, particularly around the door seals.
 3. Take care not to damage:
 - the door
 - the doors hinges
 - the door seals and sealing surfaces.
- Avoid unnecessary strain on the door and take care not to trap anything between the door and the frame!
4. Do not operate the microwave oven when it is not functioning properly. Contact AEG Service to have the oven checked by a trained service engineer to avoid any damage.
 5. Only use cooking utensils suitable for microwave cooking or specifically developed microwave oven cookware. See further details on page 13.
 6. When heating drinks or water in cups or glasses place the container in the centre of the oven. Put a metal or heat-resistant plastic spoon in the container to prevent excessive boiling.
 7. Eggs in shells cannot be cooked in the microwave oven as they will burst.
 8. Do not heat large quantities of oil (fondues or deep fat frying) in the microwave oven.
 9. Do not heat any closed or sealed bottles, tins etc. in the microwave oven.
 10. Refer to the cooking guide on the appliance and the charts on pages 14–17 for cooking information.
-

How to cook with time, variable power and the food sensor/temperature

The cooking guide on the appliance is a general reminder. For more detailed information please see the charts on pages 14–17.

Cooking time

The cooking time depends on the quantity of food to be cooked. For example, one cup of soup will be heated in one minute, whereas five cups require five minutes. Reason: the oven has to provide five times the energy which means that it has to work five times as long.

See guidelines in the charts on pages 14–17.

Variable power

The amount of heat required to cook, heat or defrost food will vary according to the texture and quantity of food to be cooked.

The variable power enables you to increase or decrease the amount of heat similar to the various settings you have on your conventional cooker.

The settings on your microwave oven are given in % (percentage).

Highest setting 100% = 700 Watts.

On setting 50% the oven cooks on half the power (350 Watts).

Generally, cooking is started with 100% power and finished with reduced power (70%–20%).

To heat food settings between 30–80% are used. The defrost setting is 30%.

The charts on pages 14–17 provide guidelines how to use the various settings.

Cooking with temperature

The food sensor takes the guesswork out of cooking, heating or warming various foods. When the food sensor probe is located in the food and the plug inserted in the plug socket in the oven, the oven cooks by measuring the internal temperature of the food you have selected.

After the set temperature has been reached the oven automatically switches off the microwave power.

The food sensor enables you to cook for instance beef to "medium" time after time without the risk of overcooking it and on the other hand it ensures that you roast pork is cooked through completely.

Allow food to stand for 5 to 10 minutes after it is taken from the oven for the heat to equalise.

How to cook with time, variable power and the food sensor/temperature

Cooking hints

To ensure best results large items such as joints, poultry, etc. should be turned halfway through the cooking cycle.

Thin items cook more quickly than thick ones.

Small amounts give better cooking results.

Vegetables cook better when covered with a lid or clingfilm. When using clingfilm, pierce to allow steam to escape.

Refrigerated or frozen foods need longer to cook.

Place foods in the centre of the oven.

Casseroles, stews, soups, sauce etc. should be stirred occasionally to ensure fast and thorough heating.


The best policy is to undercook, taste or check the food and then if necessary, to cook further. Allow the food to stand for a while after cooking for the heat to spread evenly through the food.

Setting and changing the clock

To set the clock after the oven has been plugged in or after a power cut or to change the time of day follow the instructions below.

When set, the time of day will always be displayed unless a cooking function is in progress. To check the time of day during cooking push button **B** – the time will be displayed for 3 seconds.

Figure 5

Push ON  button (**I**).

Cavity is illuminated.

Display **D** shows **0000**.

Clock symbol for cooking time is on (**C**).

Figure 3

Push time-of-day button (**B**).

Clock symbol for time of day is on.

Clock symbol for cooking time is out.

Figure 4

Push buttons (**E**)

successively to select time of day.

You have 3 secs. to move from one button to another.

Example: for 16.30:

press buttons from left to right:

1. 1x 3. 3x

2. 6x 4. 0x

The time of day appears in display (**D**).

Figure 3

Push time-of-day button (**B**) again.

The time of day clock has been set.

Clock symbol for time of day is out.

Clock symbol for cooking time is on.

Display (**D**) shows **0000**.

Figure 15

Switch off appliance.

Push OFF button  (**K**)

Light in cavity is out.

Time of day is displayed.

Clock symbol for cooking time is out.

Start up

Figure 5

Push ON button  I.

Cavity is illuminated.

Display shows **0000**.

Clock symbol for cooking time is on.

Figure 6

Open the door.

Fan comes on.

Figure 7

Place food in the oven and close the door.

Fan stops.

The appliance is operational.

Selecting cooking time and variable power

Figure 8

Push buttons **E** to select cooking time.

Example: **1 min. 30 sec.**

Push buttons from left to right:

1. 0x

2. 1x

3. 3x

4. 0x

Max. cooking time:
99 min. 59 sec.

The display shows **0130**.

To change the time push buttons selecting the new time.

Figure 9

Set slide control **F** to the required power level.

Example: **60 = 60%**

Cook light flashes.

For defrosting:

Select defrost symbol  = 30%.

Figure 10

Push start button  (**G**).

Fan is on.

Cook light is on.

Countdown of cooking time is shown in display (**D**).

Programme end is indicated by an acoustic signal.

See also "Starting, checking and finishing a programme".

Cooking with variable power and temperature/food sensor

Figure 7

Place food in the oven.

Fan is on.

Figure 11

Insert food sensor into food
to be cooked or heated.

In the case of meat joints
insert sensor into the centre
of the thickest part.

Figure 12

Insert food sensor plug into
plug socket in the oven.

Clock symbol for cooking time
will go out.

Temperature symbol °C comes on.
40 °C will be shown on the left
of display D.

The lowest temperature to which
foods can be heated is 40 °C.

The fan will stop.

Close the door.

Figure 13

Push buttons E to
select temperature:

Example: 50 °C

Push buttons from left to right:

1. 1x = 5

2. 0x = 0

Display shows 50 °C on the left
hand side.

Figure 14

Move the slide control to
the required power level:

Example: 100 = 100%.

Cook light next to the start button
will flash on and off.

Figure 10

Push start button  (G).

Fan comes on.

Cook light will stay on.

The appliance will start to cook.

The temperature display will show

40 °C on the left hand side. After
reaching 40 °C the temperature increase
is shown on the display.

50 °C will be shown twice –
side-by-side – in the display.

Fan will stop.

Acoustic signal will come on.

Food sensor must not be left in the oven.

On reaching the set temperature:

Remove food sensor from
plug socket.

Starting, checking and finishing a programme

Figure 10

Push start button 

Appliance operates according to selections made.

Figure 6

Checking:

For example to add ingredients or stir food.

Open the door:

Cooking programme will stop.

Fan will come on.

Cook light starts to flash.

Close the door:

Fan will stop.

Cook light flashes.


Count-down of cooking time is stationary.

Push start button .

Oven will only resume operation after the start button has been pushed.

Count-down of cooking time resumes.

Figure 15

Push OFF button  to switch off the oven after the acoustic signal has indicated the cooking end.

All indicators will go out and the time of day will appear in the display.

Remove food sensor from the plug socket.

Warning! The food sensor must not be left in a switched on empty oven.

The correct utensils

Figure 18

Ovenproof glass or glass ceramic oven dishes are the most used. These dishes allow microwaves to pass through directly to food. Dishes will remain cool unless cooking is prolonged, causing hot food to heat the dish.

Glass, sturdy china and pottery serving dishes can also be used. These should not have silver, gold, platinum or other metal trims which will be damaged by the microwaves.

Diswasher-safe **plastics**, usually quite rigid material can be used provided they can withstand the temperature of the food being cooked.

Hard plastic trays, picnic ware and bowls, may be used for heating but not for cooking food.

To cook food in plastic utensils use specially developed microwave cookware.

Paper cups, plates, towels, wax paper and paper cartons can be used for heating. Prolonged time in the oven can cause paper to burn. Greaseproof paper can be used as a covering during cooking.

Metal dishes and foil reflect microwaves and inhibit cooking and should not be used in a microwave oven.

Exceptions:

Small pieces of aluminium foil can be used to cover, for example wing and leg tips when cooking poultry to prevent overcooking.

It is most important that no metal or foil touches or comes close to the walls of the oven (minimum gap 2 cm).

Foil trays with ready-made meals can be used to heat the food provided they are not deeper than 2 cm and the lid is removed.

Figure 16

Microwave Browning Dishes

Special microwave browning dishes have been developed to aid the browning process when cooking meats with very short cooking times.

The base of the browning dish is coated with a special material which will get very hot during pre-heating of the empty dish. The hot base will ensure a browning effect on small food items such as steaks, hamburgers, chops etc.

The pre-heating time depends on the type of food to be cooked.

Microwave Browning dishes No. E 611899 644 and E 611899 662 are available from your local AEG microwave oven stockist.

Cooking guidelines

| Food/quantity | 1. setting | | 2. setting | | Special Instructions | Stand- ing time min. |
|--|------------|-------|------------|-------|---|-------------------------------|
| | % | min. | % | min. | | |
| Meat loaf 450 g/1 lb. | 100 | 15-20 | - | - | Cook uncovered | 5-10 |
| Roast pork 450 g/1 lb. | 100 | 4-5 | 60 | 10-15 | Turn over after first time | 5-10 |
| Chicken 1 kg/2 lb (cooking) | 100 | 15-20 | - | - | Cook in covered dish | 5-10 |
| 1 kg/2 lb (roasting) | 100 | 8-10 | 100 | 8-10 | Pre-heat empty browning dish for 5-7 min. Turn chicken over after first time | |
| Roast sirloin 1 kg/2 lb | 100 | 5-6 | 100 | 8-10 | Medium rare. Pre-heat empty browning dish for 5-7 min. Turn over after first time | 5-10 |
| Roast beef 1 ½ kg/3 lb. | 100 | 8-10 | 60 | 20-25 | Season with paprika pepper and salt. Turn over after first time | 5-10 |
| Fillet of fish 450 g/1 lb. | 100 | 5-7 | - | - | Cook in covered dish | 5 |
| Cauliflower 450 g/1 lb. | 100 | 9-11 | - | - | Break into florets, place in a dish with 4 tbsp. water and cover | 3- 5 |
| Peas, fresh 225 g/8 oz. | 100 | 3-4 | 50 | 5-20 | Place in a dish, add 125 ml/4 fl. oz. water and cover | 5 |
| Peas, frozen 280 g/10 oz. | 100 | 7-8 | - | - | Place in a dish, add 4-5 tbsp. water and cover | 5 |
| Spinach, frozen 280 g/10 oz. | 100 | 4-5 | 50 | 7-8 | Stir occasionally during cooking | 5 |
| Carrots, fresh 340 g/12 oz. prepared weight | 100 | 10-12 | - | - | Cut into slices, add 3 tbsp. water, knob of butter and cover. Stir after 6 mins | 5- 7 |
| Potatoes, baked 1 = 200 g/7 oz. | 100 | 5-7 | - | - | Wash, prick with a fork and lay onto kitchen paper | 5- 7 |
| Potatoes, boiled 450 g/1 lb. peel | 100 | 9-11 | - | - | Cut into even sized pieces, add 4 tbsp. water with salt. Stir after 5 mins. | 5-10 |
| Rice 225 g/8 oz. | 100 | 8-10 | - | - | Place rice in a 2 litre/ 3½ pint glass dish, add 500 ml/1 pint water, season and cover. Stir after 4 mins | 5-10 |
| Scrambled eggs 2 | 100 | 1-2 | - | - | Stir halfway through | 2- 3 |
| Fried eggs 2 | 60 | 1-2 | - | - | Pre-heat empty browning dish 1½-2 mins. Prick egg yolk slightly | 2- 3 |

Heating guidelines

| Food/Quantity | Setting % | Time / min. | Special instructions |
|--|-----------|-------------|--|
| Beverages | | | |
| 1 cup milk | 80 | 1-1½ | Place a spoon into the cup or glass (see page 7, 6.) |
| 1 cup coffee, re-heat | 80 | 30-45 sec. | Place a spoon into the cup or glass (see page 7, 6.) |
| 1 cup/glass water, boil | 100 | 1½-2 | Place a spoon into the cup of glass (see page 7, 6.) |
| 1 glass wine (mulled wine) | 100 | 1-1½ | Place a spoon into the cup of glass (see page 7, 6.) |
| 1 baby bottle milk (200 ml) | 80 | 1-2 | Heat bottle without teat |
| Ready made meals | | | |
| 1 jar baby food | 60 | 1-2 | Heat jar without lid, stir after heating |
| 1 cup soup (200 ml) | 100 | 1-1½ | Heat covered |
| 1 plated meal (400 g/14 oz.) | 80 | 2-3 | Heat covered |
| 1 portion rice, potatoes or vegetables (200 g/ 7 oz. each) | 100 | 1½-2 | Heat covered |
| 1 portion meat (150 g/6 oz.) | 80 | 1-2 | Heat uncovered if coated in breadcrumbs, otherwise cover |

Defrosting guidelines

| Food/Quantity | 1. setting | | 2. setting | | Special instructions | Stand- ing time min. |
|--|------------|-------|------------|-------|---|-------------------------------|
| | % | min. | % | min. | | |
| Meat and poultry | | | | | | |
| Joints per 450 g/1 lb. | 100 | 1 | 30 | 12-14 | Turn joint over occasionally | 10-15 |
| Cops and steaks per 450 g/1 lb. | 30 | 10-14 | - | - | Turn meat over occasionally | 5-10 |
| Cubed meat per 450 g/1 lb. | 30 | 10-12 | - | - | Rearrange in dish halfway through | 10-15 |
| Minced meat and sausage meat per 450 g/1 lb. | 30 | 10-12 | - | - | Separate with fork halfway through | 10-15 |
| Offal (liver, kidneys) per 450 g/1 lb. | 30 | 8-10 | - | - | Separate and rearrange in dish halfway through | 10-15 |
| Whole chicken per 450 g/1 lb. | 30 | 13-15 | - | - | Turn chicken over every 10 mins. Remove giblets if any. Cover warm areas with foil | 10-15 |
| Chicken portions per 450 g/ 1 lb. | 30 | 13-15 | - | - | Rearrange portions halfway through with thick parts to the outside of the dish | 5-10 |
| Duck 1.5-2 kg (3 ½-4 ½ lb.) | 100 | 3 | 30 | 15-20 | Turn duck over after first time and again during 2nd cycle. Cover warm area with foil | 10-15 |
| Fish | | | | | | |
| Fillets 450 g/1 lb. | 30 | 9-12 | - | - | Separate fillets after 5 mins | 10-15 |
| Whole fish per 450 g/1 lb. | 30 | 10-12 | - | - | Cover thin parts with foil | 15-20 |
| Prawns per 225 g/8 oz. | 30 | 3-5 | - | - | Break up with fork after 2 mins | 3-5 |

Defrosting guidelines

| Food/Quantity | 1. setting | | 2. setting | | Special instructions | Stand- ing time min. |
|---|------------|-------|------------|------|--|-------------------------------|
| | % | min. | % | min. | | |
| Miscellaneous | | | | | | |
| Butter 250 g/9 oz. | 20 | 7-8 | - | - | Remove any foil wrapper | 10-15 |
| Bread per 450 g/1 lb. | 30 | 5-7 | - | - | Turn over halfway through | 15-20 |
| Rolls, 4 | 100 | 1 ½ | - | - | For crusty rolls reheat empty browning dish for 1½ mins on 100 and turn rolls once during defrosting | 2-5 |
| Sponge cake per 340 g/12 oz. | 30 | 2-3 | - | - | ½ turn after 1 min. | 5 |
| Shortcrust and puff pastry per 225 g/8 oz. | 30 | 1 | - | - | | 10 |
| Ready made meals | | | | | | |
| 1 portion 400 g/ 14 oz. | 80 | 8-15 | - | - | Meals in foil containers can be defrosted and heated provided the container is not deeper than 2 cm and the lid is removed | 5-7 |
| Cook in bag meals 300-400 g/11-14 oz. | 80 | 2 | 80 | 6-10 | Make a slit in the bag after first time and continue to cook in a covered container | 3-5 |
| Meat casserole per 675 g/1½ lb. | 30 | 15-20 | 80 | 5-7 | Separate with fork after first time and heat in covered container | 5-7 |
| Frozen vegetables | | | | | | |
| See "cooking guidelines" and cooking instructions on manufacturers' packets | | | | | | |

Cleaning, Maintenance and Replacement of the cooker interior lamp

Cleaning of the appliance

Cleaning must be carried out with the power supply to the microwave oven switched off. Use a mild detergent e.g. washing-up liquid, lukewarm water and a soft cloth to clean the interior and exterior surfaces and food sensor. Do not use chemical or abrasive compounds to clean any part of the cooker.

Odours inside the cooker can be eliminated by placing in it a cup of water with lemon juice added, and boiling the mixture for a few minutes.

Note: If the door seal has been damaged or is broken do not use the cooker, have it checked by a qualified AEG engineer or AEG appointed service agent.

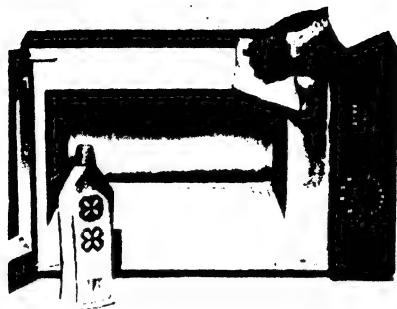


Fig. 19

Replacement of the cooker interior lamp

Freestanding appliance

- Switch off the cooker and disconnect from the power supply.
- Slide the cooking guide with holder to the left and lift it upwards.
- Turn the metal plate.
- Remove and replace the lamp through the hole in the cabinet (E 14 220/240 V/25 W max.)
- Re-assemble in reverse order.

Build-in model (TL 13 W) (fig. 15 and 16)

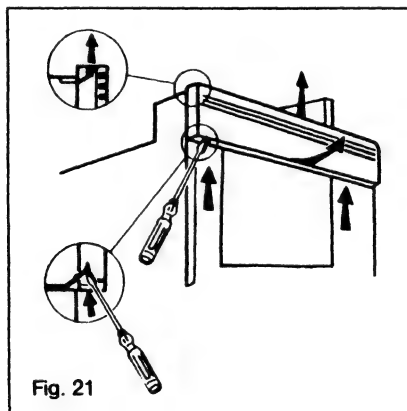


Fig. 21

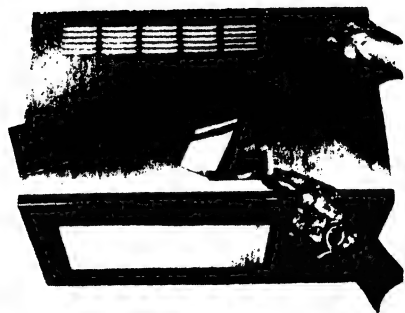


Fig. 20

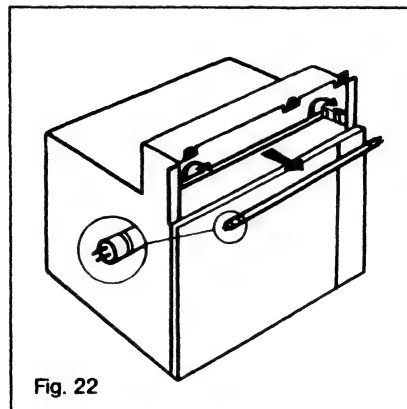


Fig. 22

Questions and answers

Question:

Can I defrost and re-heat ready-made meals in foil containers in my microwave oven?

Answer:

Yes, if the container is not more than 2 cm/ $\frac{3}{4}$ " deep. As microwaves are reflected by metal the food can only be heated from the top. To ensure that food is heated thoroughly without overcooking the surface, the max. depth of the dish is 2 cm/ $\frac{3}{4}$ ".

Make sure that the clearance between metal container and oven wall is at least 2 cm/ $\frac{3}{4}$ ".

Question:

Food cooked in a microwave oven seems to cool down faster the conventionally cooked food. Why?

Answer:

Often the dish used to store the food in the refrigerator is used to heat the food in the microwave oven. The cold dish will absorb heat from the food and it may be necessary to increase the time by 1 minute or compensate for the cold dish.

Question:

What is the reason for the moisture in the microwave oven during and after cooking?

Answer:

The moisture in the food turns to steam as it is heating. The steam is condensed on the cool surfaces of the microwave oven and the resulting moisture is quite normal and no reason for concern.

Question:

Are microwave ovens expensive to run?

Answer:

No. Microwave cooking is very economical. You save approx. 70% energy for cooking and up to 90% energy for re-heating using a microwave oven as opposed to conventional cooking methods.

Question:

What happens if the microwave oven is operated when it is empty?

Answer:

Do not operate the oven when it is empty. However, if it is switched on by mistake for a short period of time no damage will occur to the magnetron.

Installation of a freestanding appliance

Installation of freestanding appliance

To ensure proper ventilation of the appliance allow a space of 5 cm/2" all around it.

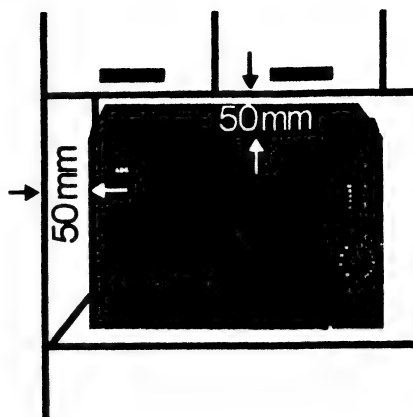


Fig. 23

Installation of the build-in appliance

Installation of the build-in appliance

- Fit the appliance into the furniture housing unit (see illustration). The electrical supply switched connection should be accessible when the appliance is installed in the furniture housing.
- The appliance is secured to the housing unit by 2 screws (see illustration).

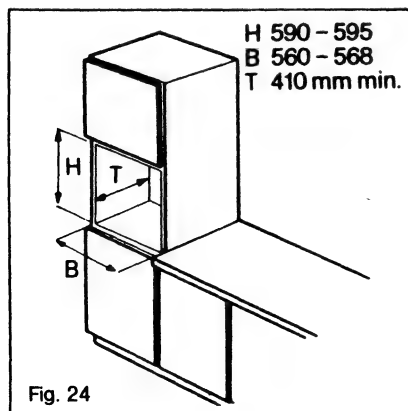


Fig. 24

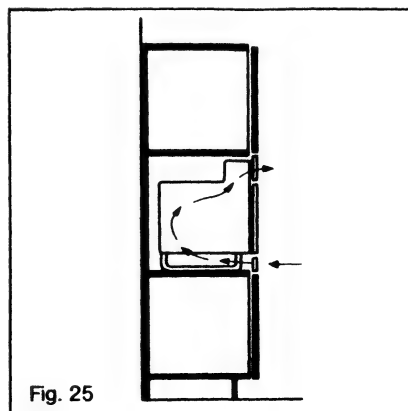
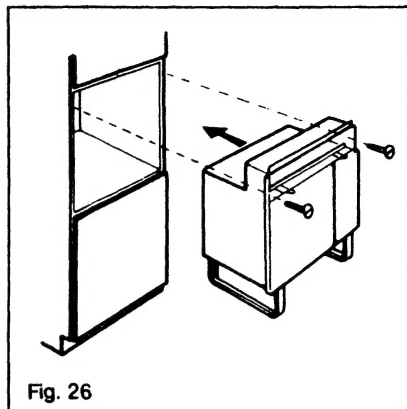


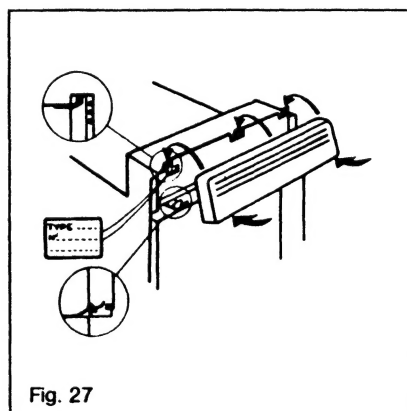
Fig. 25

Fitting

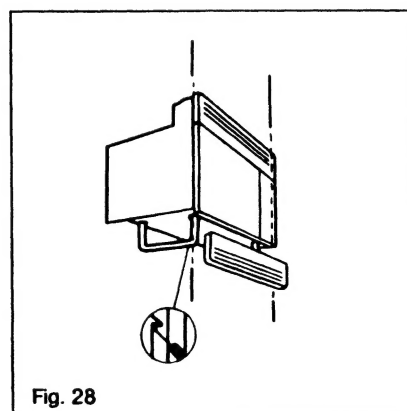
To fit appliance into furniture housing



To fit the upper air vent



To fit lower air vent.
Secure with added spiral springs (2).



If you think your microwave oven is not functioning properly

Before you call out a service engineer please check the following points.

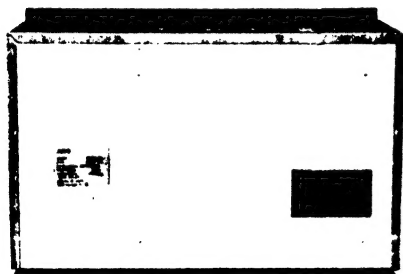
1. Check that power to the microwave oven is available.
2. Are the fuses in working order?
3. Is the appliance door closed properly?

- If you call out a service engineer in connection with one of the problems listed, the cost involved will have to be passed on to you even during the warranty period. The same applies to wrong usage or misuse of the appliance. Therefore, follow the instructions and recommendations in this booklet and the recipe book carefully.

Should you be unable to locate the cause of the problem, please contact AEG Service Department.

We reserve the right to alter specifications without prior notice.

When calling AEG Service Department, please quote the following numbers which you will find on the rating plate (see illustration).



Model-No.:

E.-No.:

F.-No.:

Fig. 29

Technical data/Rating plate

| | | | |
|-------------------------|------------------------|--------|-----------------|
| Supply voltage: | 220/240 V, 50 Hz | Fuse: | 10 A/13 Amp. |
| Power consumption: | 1300 W | Timer: | 1 sec. – |
| Microwave output power: | | | 99 min. 59 sec. |
| – Full Power: | 700 W | | |
| – Defrost: | 280 W | | |
| – Variable power: | 20%–100% of full power | | |

Freestanding appliance:

Dimensions (H x W x D) mm:

Cabinet: 405 x 595 x 390

Cavity: 230 x 380 x 360

Weight: approx. 29 kg

Build-in appliance:

Dimensions (H x W x T) mm:

Cut-out dimensions: 590 x 560 x 410

Cavity: 230 x 380 x 360

Front dimensions: 600 x 595 x 384

Weight: approx. 31 kg

These appliances conform to the EEC directive N 76/889/EEC and 82/499 EG on radio interference.
